



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Hegenbart, Thomas

Club: USV Erfurt

Number: 1344

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Senioren M30 (30-39 Jahre)

Total time: 46:38

Speed: 12.87 km/h

Running performance: 4:40 min/km

Rank in course/Total: 203 (of 686)

Rank in course/Men: 185 (of 543)

Best time in course: 29:39

Rank in category: 57(of 136)

Best time in the category: 32:18

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Runde	2.00	9:03	4:31	42	2:38	146	3:01	2.00	9:03	4:31	55	2:38	104	3:01
Runde	2.00	9:06	4:32	55	2:34	181	3:09	4.00	18:09	4:32	54	5:12	190	6:10
Runde	2.00	9:19	4:39	59	2:39	193	3:24	6.00	27:28	4:34	53	7:51	183	9:34
Runde	2.00	9:36	4:47	67	3:08	226	3:41	8.00	37:04	4:38	54	10:59	188	13:15
Leichtathletikhall	2.00	9:34	4:46	77	3:21	261	3:44	10.00	46:38	4:39	57	14:20	185	16:59